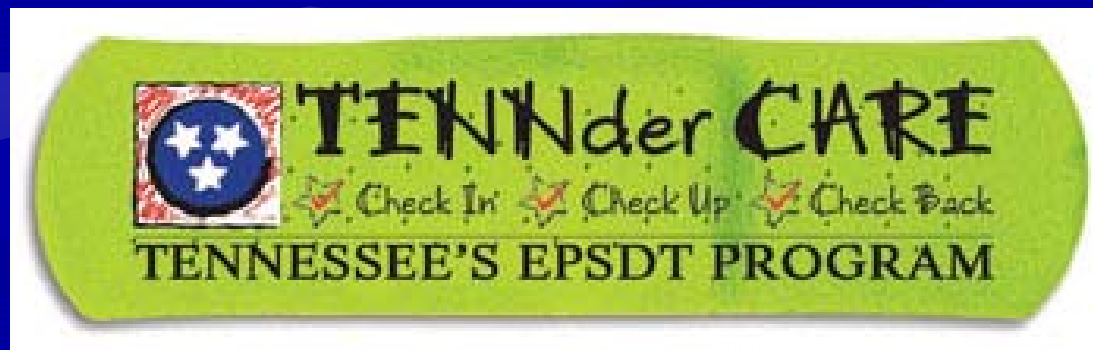


# What to expect at a TENNderCARE visit?



# Being healthy is a BLAST!

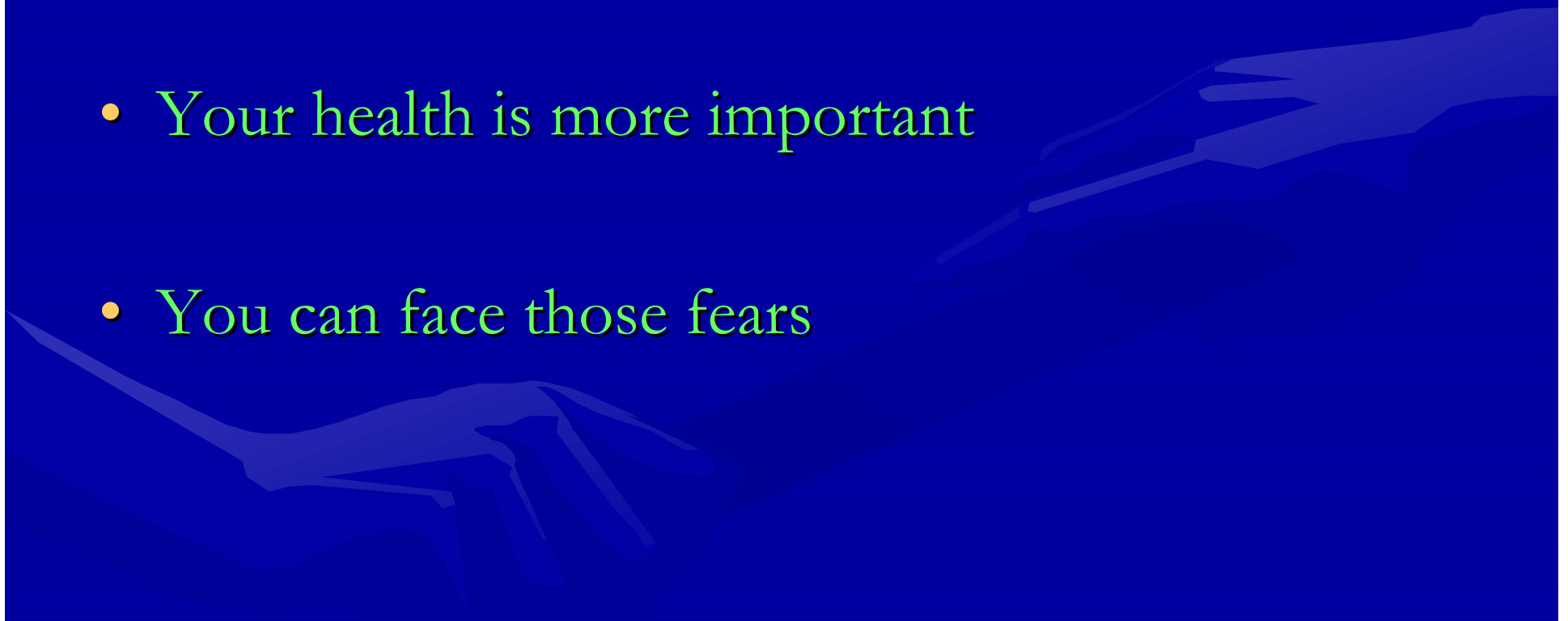
- Have good relationships
- Do activities that make you feel good
- Be a positive role model

# Take responsibility for your **HEALTH!!!!!!**

- Stand up for yourself
- Tell the doctor exactly what is going on with your body
- Your Health is in your hands!

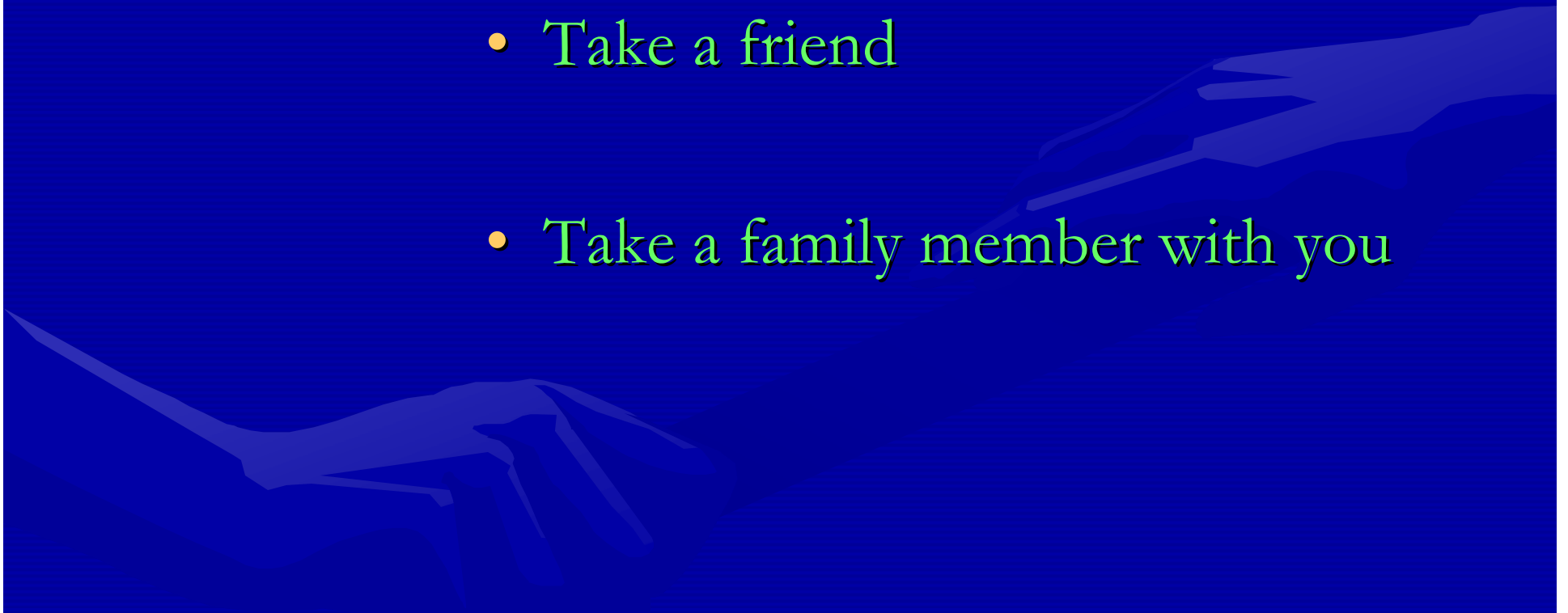
# Don't be afraid to go to the doctor...

- Your health is more important
- You can face those fears



# To make yourself feel better get a check-up every year...

- Take a friend
- Take a family member with you



# Once you arrive at the doctor's office...

- Expect people in the waiting room
- Expect to wait before they call you back to a room

# Expect to answer lots of questions about...

- Your family history
- Health problems
- Make a list of things to talk to your doctor

# What will happen during the visit?

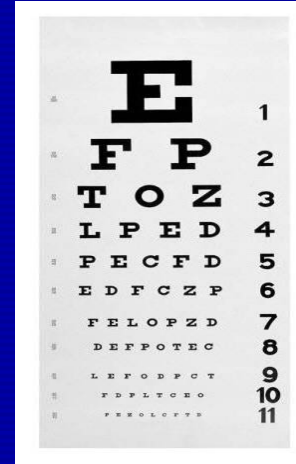
- Change into a gown
- Take your weight
- Take your height
- Hearing test
- Vision test
- Stick your finger or get a shot



# If you receive a prescription for medicine...

- Ask the doctor how to take the medicine
- How often to take the medicine
- Get the medicine as soon as you leave the doctor's office
- Don't share your medicine
- Take all the medicine even if you feel better

# Things you may see during your visit...



# Call today to make a **TENNderCARE** visit

- If you need help call your health plan for assistance to make you an appointment.
- If you need transportation let them know so they can get you a ride.

